

**Missouri Assessment Program
Spring 2002**

Health/Physical Education

**Released Items
Scoring Guide**

Grade 9

Session: 1
Item No.: 22
Page No.: 9
Content Standard(s): 7
Process Standard(s): 4.7
Points: 3

Key Elements:

procedure:
the Heimlich Maneuver/abdominal thrusts

position himself:
hold his friend in a standing position from behind with one fist against his waist area/stand behind his friend and locate the bottom rib with his hand; move his hand across the abdomen to the area above the navel, then make a fist and place thumb side on the stomach; place his other hand over his fist

should do next:
quickly thrust hard, in and up above his friend's navel line forcibly several times until food is dislodged/press into the victim's stomach with a quick upward thrust until the food is dislodged

Score Points:

3 points = 3 key elements
2 points = 2 key elements
1 point = 1 key element
0 points = other

Scorer's Comments:

Session: 2
Item No.: 5
Page No.: 5
Content Standard(s): 6
Process Standard(s): 1.10
Points: 2

Key Elements:

Granola Bar B

(two of the following):

Less:

- fat
- saturated fat
- sodium
- sugar/carbohydrates

More:

- protein
- vitamin A
- vitamin C
- calcium
- iron/minerals
- fiber

Note: Give only one point if the second reason is merely the opposite of the first, e.g., "A has more fat. B has less fat."

Score Points:

2 points = 2 key elements
1 point = 1 key element
0 points = other

Scorer's Comments:

Session: 2
Item No.: 15
Page No.: 9
Content Standard(s): 4
Process Standard(s): 3.5
Points: 4

Key Elements:

(all of the following):

Jerome—overload

Natalie—progression

Elizabeth—specificity

Specificity allows you to develop a particular fitness component that needs extra attention.

Overload helps you build muscular strength.

Progression allows you to increase the duration or intensity of the activity slowly to avoid exhaustion or injury.

Score Points:

4 points = 4 key elements
3 points = 3 key elements
2 points = 2 key elements
1 point = 1 key element
0 points = other

Scorer's Comments: